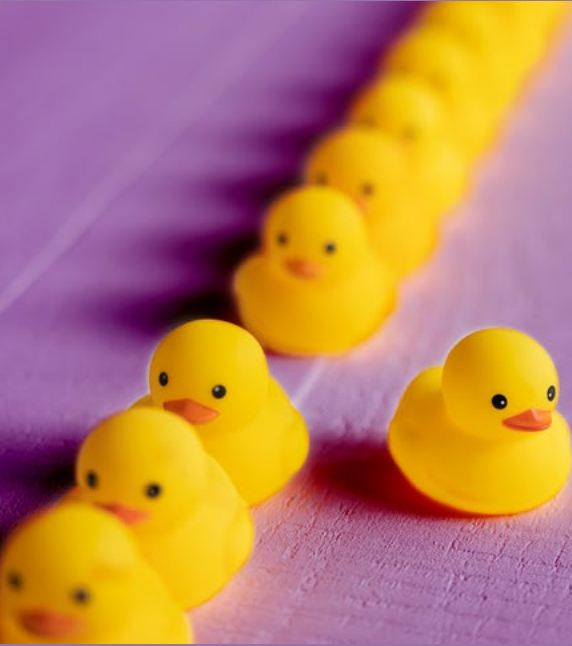


Overcoming vulnerability

- what to do if you feel vulnerable



Life can be challenging for everyone from time to time, and we may all feel vulnerable at times. It doesn't make us weak. It doesn't make us broken. It simply makes us human and it's important we take care of ourselves.

Visit the Sovereign Resource Hub and learn about...

- ✓ What vulnerability is
- ✓ What some of the causes are
- ✓ Why it can be difficult for someone to talk about their vulnerabilities
- ✓ What to do if someone wants to talk to you
- ✓ The support available if you feel vulnerable

www.sovereignresourcehub.co.uk

webinar • toolkit • top tips • support links • activities

